

What constitutes good health.

1. Deep diaphragm breathing
2. Getting out in the sun with your bare skin exposed throughout the day
3. Connecting with nature
4. Grounding yourself (bare skin contact with the earth)
5. Nutrition (organic whole foods & non contaminated fluids)
6. Movement (gym, walks, mobility routines, stretching etc)
7. Rest & Sleep (the best form of recovery)
8. Developing deep connections with family & friends
9. Having a purpose in life
10. A belief in a higher power
11. Prayer, gratitude, imagination & meditation (epigenetics & nervous system regulation)

These are the foundations of good health & homeostasis. If you can dial this list in to your daily life, dis-ease will be minimal or non existent.